



## Turkey Pozole Soup

 **Gluten Free**  **Dairy Free**

READY IN



150 min.

SERVINGS



24

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 slices oscar mayer bacon cut into 1-inch pieces
- 2 bay leaves
- 1 large carrots cut into chunks
- 1 large celery stalk cut into chunks
- 1 chicken bouillon cube
- 2 cloves garlic peeled
- 1 cup salsa green
- 56 oz hominy drained canned

- 1 cup lettuce shredded
- 2 onions divided
- 2 tsp mexican oregano dried crushed
- 9 radishes thinly sliced
- 3 cups turkey shredded cooked
- 14 lb carcass from turkey cooked
- 4.5 qt water

## Equipment

- frying pan
- paper towels
- pot

## Directions

- Place turkey carcass in 8-qt. stockpot. Chop 1 onion; set aside.
- Cut remaining onion into quarters; add to stockpot with carrots, celery, bay leaves, garlic and water. Bring to boil. Simmer on low heat 2 hours, skimming surface as needed and cooking the bacon in skillet until crisp after 1-3/4 hours.
- Transfer bacon to paper towels; drain, reserving drippings in skillet.
- Add chopped onions to drippings in skillet; cook and stir 5 min. or until crisp-tender.
- Strain turkey broth; discard strained solids. Return broth to pot. Stir in bacon, chopped onions and all remaining ingredients except radishes and lettuce. Bring to boil; simmer on medium-low heat 15 min.
- Serve soup topped with radishes and lettuce.

## Nutrition Facts

 **PROTEIN 50.07%**  **FAT 37.13%**  **CARBS 12.8%**

## Properties

Glycemic Index:8.53, Glycemic Load:0.34, Inflammation Score:-6, Nutrition Score:20.358260548633%

## Flavonoids

Pelargonidin: 0.95mg, Pelargonidin: 0.95mg, Pelargonidin: 0.95mg, Pelargonidin: 0.95mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

## Nutrients (% of daily need)

Calories: 371.86kcal (18.59%), Fat: 14.99g (23.06%), Saturated Fat: 4g (24.98%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 9.6g (3.49%), Sugar: 2.57g (2.86%), Cholesterol: 149.07mg (49.69%), Sodium: 620.99mg (27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.47g (90.94%), Vitamin B3: 15.66mg (78.31%), Selenium: 46.27µg (66.1%), Vitamin B6: 1.25mg (62.26%), Vitamin B12: 2.48µg (41.34%), Phosphorus: 405.78mg (40.58%), Zinc: 4.4mg (29.35%), Vitamin B2: 0.39mg (22.82%), Vitamin B5: 1.8mg (17.96%), Magnesium: 65.54mg (16.38%), Potassium: 522.83mg (14.94%), Vitamin A: 694.76IU (13.9%), Iron: 2.27mg (12.63%), Copper: 0.21mg (10.69%), Vitamin B1: 0.13mg (8.46%), Fiber: 2.03g (8.11%), Manganese: 0.1mg (5.24%), Folate: 18.73µg (4.68%), Vitamin D: 0.63µg (4.2%), Calcium: 41.65mg (4.16%), Vitamin K: 2.29µg (2.18%), Vitamin E: 0.3mg (2%), Vitamin C: 1.61mg (1.95%)